

**Abstract of the Disclosure**

An optical information storage medium and a method of recording data on the optical information storage medium are provided. In the optical information storage medium, a reproduction-only area and a recordable area are included in an area other than a user data area. Every time user data is completely recorded, new data about a disk state is recorded in the recordable area. Due to the structure of the optical information storage medium, every time user data is completely recorded, recent data about a disk state is recorded. Thus, when new data is recorded, a pickup can rapidly access an accurate area in which the new data is to be recorded.